

care/solace

# It's okay to ask for help.



Call (888) 515-0595

Care Solace is a free, confidential service that connects students, staff and their families to mental health providers, substance use treatment and social services matched to their needs.

**Scan the code or use your link:**  
**[caresolace.com/lausd](https://caresolace.com/lausd)**

If you have a life-threatening emergency, please call 911 or the Suicide and Crisis Lifeline at 988.

Care Solace is not an emergency response service or mental health services provider.

This program, event or activity is not presented, endorsed, recommended, supervised, approved or sponsored by the Los Angeles Unified School District. The District assumes no liability or responsibility for any loss or injury arising out of participation and is merely permitting this material to be disseminated at this facility because of the possible interest of students and/or faculty.

